



Readiness through Resiliency

Stress Management

Stress and anger management classes provide individuals with techniques for dealing with stress and/or anger in a positive, functional way. If the expression of stress and/or anger has negatively impacted work or personal relationships, utilizing the resources listed below can assist.

Leadership:

- Utilize MAPIT Modules geared towards stress management:
 - ⇒ Emotional and Stress Management
 - ⇒ Shout it Out
 - ⇒ Negative Thinking Styles
- Be mindful of both environmental and situational factors that trigger stress reactions in your Marines and Sailors and equip yourself with available resources geared towards combating stress .

Unit:

- Unit Chaplains and MFLCs can provide one on one assistance with Marines and Sailors to enhance skills in managing stress.
- MFLCs can provide the following classes on stress management:
 - ⇒ Balancing work, Life, and Command
 - ⇒ Life in Balance: Relaxation and Stress Relief
 - ⇒ Stress Management

Installation:

- Family Advocacy Program (449-9563):
 - ⇒ Coping with Work and Family Stress (6 week,s 12 session course)
 - ⇒ Anger Management for the 21st Century (8 weeks, 8 session course)

*Registration is required; call for dates and times

- Marine Corps Family Team Building (451-0176):
 - ⇒ Conquering Stress through Strength (2 hour class)

*Register for all workshops online at:

<http://www.mccslejeune-newriver.com/mcftb/>

- Community Counseling Center (451-2864) :
 - ⇒ Clinicians are available to provide one on one assistance in managing stress and anger.



Force Preservation: It's everyone's responsibility